

## **Recreation Department Contract Instructor List**

The Recreation Department provides a wide array of enrichment classes. Quality is a top priority for class offerings, as directed by City Council. All enrichment classes are taught by contract instructors. Enrichment contract instructors strive to hit a benchmark of 90% Excellent to Very Good based on survey results.

### **Collier, Cynthia**

Cynthia Collier is a certified Hatha Yoga teacher through Anada Fellowship. Her classes emphasize self- discovery through attuning to one's own body and rhythm. "My forte is sharing yoga with beginners. It's amazing how profoundly you can benefit from these easy to learn postures. And I love that it's never too late to learn yoga!"

### **Elliott, Marla**

Marla has worked with children and their families for over 20 years. She has a degree in Fashion Design and her BA in Early Childhood Education from Cal State Northridge. She spent seven years training teachers and parents at Nellis Air Force Base's Child Development Centers, Family Child Care and Youth Programs and has presented workshops in various child development programs.

### **Elliott, Mary**

Mary Elliott has been clogging for seven years with the majority of her instruction coming from our own LaVon Thorp. Mary has taken great pleasure in performing with the Beach Country Club Cloggers and Silverhawk Stompers. Mary has also tried her hand at choreographing her own clogging dance and teaching it at conventions held in the Southern California area. She has attended many instructional conventions and enjoys the challenge of learning new steps and dances and looks forward to passing them on to her students. She has found clogging to be an excellent source of exercise, recreation and even a great stress reliever! (If you don't get stinky and sweaty it doesn't count.)

### **Evans, Carol**

Carol Evans, a native Californian and Carlsbad resident of 14 years, has 27 years experience in fitness, recreation and outdoor adventures. She is an Associate Faculty member at Mira Costa College, teaching courses in health, nutrition, flexibility, fitness, kayaking, and backpacking. She has worked with people from 3 years old to the age of 90+. Carol is the owner of Guided Adventures in Nature (GAIN), an outdoor adventure company, offering guided tours in hiking, kayaking, biking, and backpacking. She has her master's degree in Physical Education/Exercise Science. Carol is certified by the American Council on Exercise (ACE), National Strength and Conditioning Association (NSCA), Aerobic and Fitness Association of America (AfAA), and British Canoe Union (BCU). She is also an American Heart Association CPR and first aid instructor.

Carol has been a volunteer teen mentor for the Carlsbad Boys and Girls Club mentoring program and is a volunteer for the Carlsbad Police Department's Juvenile Justice Panel. She enjoys sharing her knowledge and helping people grow through utilization of physical activity, both indoor and outdoors in nature.

**Fleming, Frank**

"Famous" Frank has been playing tennis literally non-stop for the past 36 years! His past competition experience highlights includes High School Varsity, Varsity Collegiate and the #1 singles/doubles champion at Camp Pendleton California finishing as the #2 player in all of the United States Marine Corps. He was selected 3 years in the top 16 of all the United States Armed Forces Inter-services Competition. In Frank's final "season" (1987) he was picked as the U.S.M.C. Tennis team coach before being honorably discharged a Marine Corps Staff Sergeant. In 1988 Frank started a Tennis Management Service called "Tactical Tennis Training" and has been a full time instructor putting together tennis programs and services here in North County San Diego. His expertise is in private instruction, large group clinics, custom stringing, equipment sales, court-washing services and he can even have tennis courts built for you. Frank is looking forward to sharing with you his experience, his passion for the sport and all the healthy fun. See you on court #1!

**Fujimoto, Howard**

Howard has played golf since he was 8 years old; he was a top junior and continued on to play collegiate golf for 4 years. He was the high school golf coach for Carlsbad High and the head professional at Escondido Country Club for 6 years. Howard now serves as the head professional of golf at Rancho Carlsbad Country Club and looks forward to instructing the students in the area, holding camps and taking them into competition.

**Germani, Marcie**

Marcie Germani has been involved with gymnastics since 1974. Marcie competed in NCAA competitions with the Arizona State University Women's Gymnastic Team. She is USA safety certified, as well as a USA certified gymnastics skill evaluator. She has successfully organized gymnastics clinics and performances. Her students have competed in Southern California and performed at several community events. Marcie and the Fliptime instructors look forward to instructing your child and to the challenge of helping instill positive attitudes that will set the pace for your child's future athletic development.

**Goto, Jim**

Jim grew up in Pasadena, California. He is a graduate of the University of

Arizona and was a player on their collegiate tennis team. He is a member of USTA and an active supporter of the Barnes Center, San Diego Youth Tennis. Jim has taught youth and adult tennis for the past six years.

**Johnson, Christy**

Christy has been teaching and choreographing dance for over 30 years. She has spent thousands of hours training with hand-selected, master teachers in many types of performance, competitive and social dance from tap and jazz to ballroom and Latin dance. Her techniques are acclaimed by her students to make learning incredibly easy, entertaining and non-competitive -- even for shy types.

**Keefer, Mark**

Mark has been involved with tennis in the San Diego area since 1978. As a junior, his tennis experience began at Lomas Santa Fe Country club where he practiced for tournaments around the country. In high school, he played on the Torrey Pines Varsity Tennis Team, which prepared him for two years of college tennis at Cal Poly State University San Luis Obispo. Mark's teaching experience started in 1991 in the junior and women's doubles programs at Lomas Santa Fe Country Club. Since that time his teaching has expanded to include the junior programs at San Dieguito Tennis Club and the Mira Mesa Recreation Center. Over the past ten years, Mark's love for playing tennis has turned into a passion to teach it to others.

**Leatherman, Dick**

Dick Leatherman has over 20 years of experience as a volleyball player, coach and clinician. He played collegiate volleyball at Ohio State, became a two time All-American, and later played professional volleyball for the now defunct International Volleyball Association. As a coach, he has worked with teams at the high school, collegiate and international level as well as with junior Olympic teams in both Orange County and San Diego.

In addition to giving clinics in the United States, Dick has also been a clinician in Saudi Arabia Borneo and the Philippines. He has a deep commitment to the game and states that he enjoys being involved with the adult leagues as much as the players do.

**Mason, Ted**

Ted Mason began practicing Tan g Soo Do in 1964 and attained the rank of Cho - Dan (First Degree) in 1967. He opened his own studio in 1968 and now holds the rank of Chil Dan (7<sup>th</sup> Degree). He was selected as Outstanding Member of the

U.S. Soo Bahk Do Moo Duk Kwan Federation in 1997 along with his wife Keiko who is a Yuk Dan (6<sup>th</sup> Degree)

He began practicing kendo (Japanese Swordsmanship) in 1974 in San Diego with Yamanishi Sensei and presently holds a Yon-Dan (4<sup>th</sup> Degree) in that art as well as Sam Dan (3<sup>rd</sup> Degree) in Iaido (The Art of Drawing a Sword). He has been teaching Kendo for the Carlsbad Parks and Recreation since 1977.

### **Mathis, Dennis**

Dennis has resided in Carlsbad for the past 13 years. Because he has a strong commitment to the growth of volleyball within the community, and sees the need for volleyball programs at both the youth and adult level, he has taken time from his busy schedule as a successful residential builder in the area to initiate and develop these programs.

He has been involved in playing and coaching volleyball in Southern California for over two decades. In addition to directing many leagues and tournaments, he has served as a local high school varsity coach, currently runs and directs youth summer camps and has continued to teach classes here in Carlsbad for the past 10 years.

### **Medgrditchian, Lisa**

Lisa is a UCSD graduate with degrees in Psychology, Sociology and CA teaching credentials. She is also a member of the Early Childhood Music & Movement Association. Using her education and training, she now shares her experience and passion with students through teaching music and private piano lessons.

### **Meilich, Carole**

A native French speaker, Carole has extensive experience teaching French at all levels (adults, and K-12) both in the US and abroad. She holds a BA in French Linguistics and Culture and has French teaching credentials. She founded the French language school at the Alliance Française of Los Angeles in 1993 and taught beginners, intermediate and advanced French courses both in class settings and individual lessons. She has also taught grade school French at the Lycee International de Los Angeles and at Loyola High School of LA.

### **Messenger, Kiyoko**

Kiyoko was born and raised in Tokyo, Japan and had wanted to be an artist since she was five years old. Her father was a Sumi-e painter and her mother was a flower arranger. She attended Tokyo Women's College and has a Master's Degree in Fine Arts.

She taught Sumi-e painting for Mira Costa College for more than ten years. Her work has been exhibited at Mira Costa College and libraries throughout San Diego County.

**Otis, Edmond**

Edmond is a 7<sup>th</sup> degree black belt who has practiced Traditional Shotokan Karate for over 35 years and is internationally known as a competitor, instructor, and judge. He teaches karate as a safe and highly effective means of self-defense, a rigorous form of exercise, a philosophy of life, and an exciting competitive sport. Sensei Otis has coached numerous youth and adult competitors to national and international championships. He is co-author of "The Complete Idiots Guide to Karate" from Macmillan USA Publishers, Chief instructor of the American JKA Karate Association, and director of the nations largest collegiate martial-arts program, at the University of California, Riverside. Edmond Otis is featured in the instructional video series, "Essential Shotokan".

**Page, John**

John Page promotes Tai Chi as an ancient Chinese healing program whereby people can gain muscle tone, balance and flexibility and at the same time, relieve stress. For John, Wu Style Tai Chi is a method for balancing the body both mentally and physically. Arthritis sufferers will find relief in utilizing the routine forms presented.

**Pawoll, Sally**

*Coming Soon*

**Phillips Colleen**

Colleen Phillips is a native of Carlsbad and began studying with the Carlsbad Parks and Recreation Program when she was just five years old. Colleen remained an active participant in the Carlsbad Park Dancers throughout her youth and only left the program when she graduated from High School and headed to Los Angeles to continue her training and begin her professional dance career. While in Los Angeles, Colleen had a variety of dance experiences, which included choreographing, performing, and teaching. Colleen participated in many high profile events such as the NFL Super bowl, and the Latin People's choice awards. She has also danced for Adidas and sketchers as well as choreographed and danced for MTV's "Becoming." She danced in various Disney shows and performed all over the country with various musical artists including Gloria Gainer.

Colleen is extremely thrilled to be returning to her hometown to share her experience and enthusiasm with the young dancers in the program.

**Ryan, Terry**

Terry Ryan, President of The Ryan Group, Inc., has been consulting for businesses, families and children for over twenty year. The Los Angeles based corporation is Southern California's leading authority on Etiquette, Manners and Protocol. Mrs. Ryan and the Ryan Group, inc. staff conduct activity -filled workshops for children, four to eighteen years of age, at schools, youth organizations, and businesses. Participants learn the importance of social graces and respecting others at home, at school, and in sports.

**Simpson, Julie**

Julie has a Bachelor of Science degree from Arizona State in Home Economics in Business (food emphasis) and a teaching credential in Home Economics from the University of San Diego. Julie has over 20 years of experience in teaching focusing in the areas of microwave and convection oven cooking, children's cooking and high school classes. It is play and educational at the same time.

**St. Marie, Jan**

Jan St. Marie has a Bachelor of Science degree in Psychology and has been interested in arts & crafts for many years. She has previously taught creative scrap booking classes, (five years) and art classes to elementary and preschool students.

**Stewart, Sue**

Sue Stewart is a fitness industry veteran of 21 years. She has incredible energy and vitality for assisting students to live longer and healthier through exercise and education. Her career started in Corporate Wellness, where she managed a facility employing over 700 people. Besides her teaching credential in Adult Fitness she maintains certifications as a Personal Trainer, Group Fitness Instructor and Exercise Science from U.C.S.D. Sue is one of a handful of instructors qualified to teach Systematic Touch Training. Aerobics is only one of her many passions including; biking, skating, weight training and backpacking. Come share the fitness experience and gain the power you need to become a participant in life's exciting events.

**Vaccar, Nicki**

Nicki, coming from Greek immigrant parents was raised with Greek and Turkish music from birth. In her youth she danced in Las Vegas at the Flamingo Hotel, Disneyland, Santa Barbara and Long Beach Elks Club events. As an adult, Nicki

had the opportunity to dance in Athens, Crete, Santorini, Psara in Greece as well as Istanbul and Selcuk in Turkey. Nicki is currently performing, choreographing, directing and teaching classes in; Flamenco (Spanish), Middle Eastern (Belly Dance), Greek Folk, and Hawaiian in the San Diego North County area. To Nicki this is not just exercise; this is movement of feelings and expression of femininity or masculinity, hope, faith, love, loss, happiness or anger.

**Wilkerson, Linda**

Linda shares her 25+ years of teaching and choreographic expertise with our Ballet and Tap & Jazz students. Her formal ballet training began when she was 10 years old and by age 15 she received a scholarship under the tutelage of the late Eugene Loring. She continued studying tap under Al Gilbert, Tony Coppolla and Darryl Ritter. In 1974, Linda opened her own studio, the Village School of Dance" in Los Angeles. She successfully directed her studio for 18 years-training many professional dancers and creating several national award winning competition dance companies. She has been teaching in North County studios as well as for the City of Carlsbad several 10 years.

**Zinniger, Rosanne**

Rosanne Zinniger is the event coordinator for Michaels Arts and Crafts. She has been working with crafts since the early age of 10 years old. Rosanne has a Masters degree in public administration from SDSU and has pursued an event-planning career over the last 15 years. In addition, she is a golf and travel writer for Golf Vacations Magazine.